



Fort Carson-MEDDAC News

Avoid Holiday Weight Gain

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With planning for visitors, buying gifts, traveling, and a change in sleeping habits, it's no wonder the holiday can be stressful.

A major stressor for many people is the all the food associated the holidays. Lots of people are already negotiating and worrying about how they will make it through the holidays without gaining weight! Food is love so how can it be bad for you?! It isn't - unless your portions resemble those of a bear before hibernation!

"Moderation not elimination" should be your mantra. It's important to remember that you are in control of what you eat and how much you eat. You don't have to eat everything that is available. Fortunately, we live in a world where you will see that food again. It will not be your last meal or snack. Here are some other helpful tips to arm you with confidence as you enter the challenging high calorie seas ahead over the next six weeks!

Weapons for Body Mass Destruction

1. Do not skip meals. Include some protein, fat and complex carbohydrate at each meal.
2. Drink water frequently throughout the day.
3. Choose fruit instead of juice.
4. Pack individual snack portions when traveling or even shopping. Don't be caught without a healthy snack in your bag or backpack. That makes it too easy to buy something that may not be healthy if you get hungry while you're out.
5. Have a small snack with protein before going to holiday parties. It will make you less likely to justify overeating and overdrinking at the party.
6. Alcohol adds calories. Mixed drinks will have more calories than a glass of wine, wine spritzer or light beer and too much alcohol lowers your food inhibitions and usually triggers overeating.
7. Always be the person to bring a healthy item to a party or gathering



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so that you know there will be at least one thing that you'll be able to eat and feel good about.

8. You don't always have to eat something, especially if the gathering is between meals. Have your typical snack before going to the event and just focus on the socializing.

9. Sometimes small servings of everything make it seem as if you didn't have a meal. You may be better off just choosing a few things so it will not only fill you up but mentally make you feel as if you've eaten.

10. If you go out to eat and have the choice of ordering an entrée off the menu or getting the buffet, you're better off choosing an entrée. Buffets make it very challenging to limit portions and overall quantity of food consumed. It's easy to justify getting something from every area of the buffet because you paid for it! The greater cost is to your weight and health, not your wallet!

11. Use a small plate. It will give the appearance of consuming more.

12. When eating out, order an appetizer and share.

13. Remember that one to two bites of something that is not a vegetable could require about 30 minutes of activity to burn off. Ask yourself if it's worth it.

14. Plan for at least 30 minutes of daily activity early in the day. You'll make smarter decisions later in the day about your food choices.

15. Keep in mind that 100 extra calories a day more than you need, from any food or drink that you consume, will put on 10 pounds in a year.

16. Focus on the fun of the holidays, not the food.

17. Keep in mind that you can always participate in a Weight Management Class and or see the Dietitian at EACH if you need or want the help. No need for a referral, just call 526-7920 to schedule an appointment!